

POTATO SALADS

BASIC POTATO PREP:

Scrub and dice Potatoes (Waxy potatoes such as red and yellow make the best salad because they hold their shape). Bring Water to a boil, add Potatoes and cook until tender. Drain. Spread out on a sheet pan and sprinkle with Salt and Pepper. Let cool. Transfer to bowl.

DRESSING OPTIONS:

Creamy Dressing: Whisk together Mayo, low fat Plain Yogurt, Dijon Mustard and Salt & Pepper.

Tangy Vinaigrette Dressing: Whisk together EVOO (Extra Virgin Olive Oil), White Wine Vinegar, chopped Shallot or white tips of Scallions (green onion), Dijon mustard, and Salt & Pepper.

FLAVOR COMBOS:

Classic: Add chopped hard-boiled Eggs, chopped Celery, and Pickle Relish (sweet or dill)

Curried: Add chopped Bell Pepper, frozen Peas and Curry Powder

Greek: Add halved Cherry Tomatoes, crumbled Feta Cheese, chopped Kalamata Olives, and chopped fresh Oregano

3-Herb: Add fresh Scallions, Capers, and chopped mixed herbs (Parsley, Dill, Tarragon)

Mid-Eastern: Add chopped Spinach, diced Zucchini, chopped fresh Marjoram and ground Cumin

Blue Cheese & Bacon: Add Green Bean pieces, chopped cooked Bacon, crumbled Blue Cheese

*** Recipes from EatingWell.com/// July/August 2015